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NEWS  
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## READ MY LIPS: COLOUR FOR FALL

STRIKING HUES ARE WHAT THE LADIES WILL BE WEARING ON THEIR PUCKERS IF THEY TAKE THEIR CUES FROM FASHION, OR THIS KATY PERRY PIC

PAGE 26



## No extra zap in the budget: Mayor

Watson says if cops want more Tasers they'll just have to scrimp and save, because the city sure as heck won't be forking out for them

PAGE 6

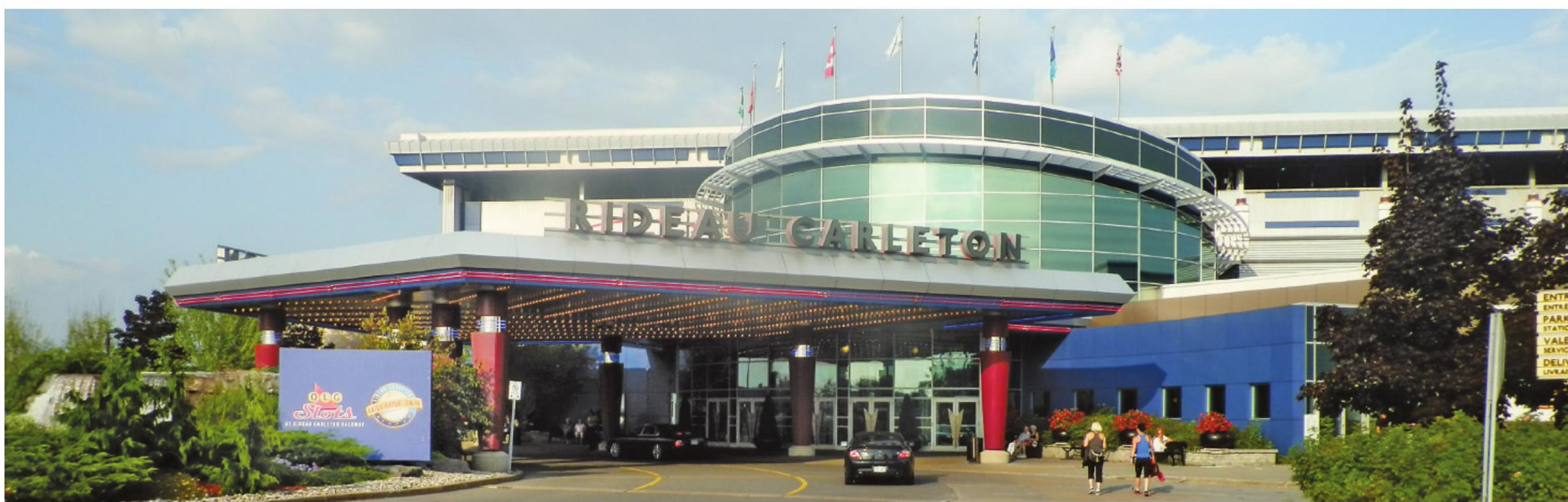
## Seriously, again? B.C. pills recalled

A batch of Freya-28 has been pulled off the shelves, just months after another contraceptive pill brand was similarly recalled

PAGE 10

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88.5fm**



The sun was shining down on the Rideau Carleton Raceway yesterday, both in reality and at Ottawa City Hall, where city councillors voted to limit expansion of gambling in Ottawa to the raceway site.

COURTESY RIDEAU CARLTON RACEWAY

# City of Ottawa puts all its chips on raceway

**Legal issues ahead?**  
Council votes to limit casino expansion to Rideau Carleton Raceway



STEVE COLLINS  
ottawa@metronews.ca

Council voted Rideau Carleton Raceway the only place for an OLG gaming facility in Ottawa, despite warnings from one councillor that the move could cause legal headaches.

"To provide a financial benefit, which we are doing if this motion passes, for any one business over others is illegal under the

Municipal Act," said Coun. Marianne Wilkinson.

Lawyers for Senators Sports and Entertainment, which proposed building a casino near the Canadian Tire Centre, made the same argument last month.

"This is not a popularity contest between the Rideau Carleton Raceway and the Canadian Tire Centre," May-

or Jim Watson said.

"But we cannot have this debate while pretending that we don't have an existing gaming facility in our community. Many residents across the city have told me and other members of council that we should simply leave the slots where they currently are."

Council also approved a

list of 10 recommendations for the casino's operators to reduce the risk of problem gambling, including closing the casino for at least six hours a day, keeping alcohol sales in designated areas off the casino floor and imposing a daily maximum loss.

A motion to put some \$350,000 of the city's take

from the OLG toward problem gambling programs was voted down after Watson argued those programs are a provincial responsibility.

"It's going to be a tough budget, 2014," he said.

"To find an additional \$350,000 for an area that we do not have responsibility for is going to put pressure on our other programs."

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**Molotov cocktail**

## Apparent arsonist sets himself on fire in Gatineau

A would-be arsonist may be nursing some burns to his hands and face after flinging a Molotov cocktail at the front of a bar Monday morning.

Gatineau police released a security video that shows a man lighting something and flinging it at the Flixx bar at 51 Court St., but getting more than he bargained for in the process. The video shows a glow of flames erupt and then spread to the man's arm as he tries to shake the flames off and then runs away.

Police say the resulting fire was minor, but they have no witnesses beyond the security video and they are appealing to the public for information to identify the man. Gatineau police spokesman Pierre Lanthier said the suspect likely isn't severely burned or he would have shown up in hospital already. He said it appears the accelerant used was gasoline.

Police describe the suspect as a man about 20 years old, about five feet nine inches tall, wearing blue jeans, a plaid shirt and short hair. Police are asking anyone with information to contact Det. Sgt. Michel Morin at 819-243-2345 ext 6020. **SEAN MCKIBBON/METRO**



A security video shows a man running with fire flashing on his jacket. **CONTRIBUTED**



Cristina Tomas said she welcomes new rules to regulate unlicensed daycares, but does not want to pay fees to a licensed agency. **GRAHAM LANKTREE/METRO**

# Unlicensed daycares face looming changes

**Prompted by tragedy.** Provincial review could drive out good caregivers: Operators



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

A review of how daycares are run in Ontario has private daycare owners in Ottawa on tenterhooks to find out whether they will be able to stay in business.

"It would essentially put me out of business, or I would have to add fees to be able to

stay in business," said Barrhaven daycare provider Elise Sutherland of a series of proposed changes to Ontario's Day Nurseries Act.

The changes, she said, would see the number of children she can take on reduced and could force her under the umbrella of a licensed daycare agency to which she would have to pay fees.

"Right now we're allowed to have five kids plus our own," said Sutherland, who has a 12-year-old son and six-year-old daughter. The proposed changes would limit her to a total of four, including her own. "I would have to lose all my school-aged children," she

said, pointing out that the loss would push her out of business.

Incidents such as the death of two-year-old Eva Rakovich in an unlicensed Vaughan, Ont., home daycare in July have encouraged the province to re-examine how it regulates and monitors these businesses.

"We ourselves recommend a registry and accreditation, but we don't think licensed agencies need to help with this," said Doreen Cowin, executive director of the Child Care Providers Resource Network, an Ottawa group that supports home daycare providers. "Everyone agrees the Day Nurseries Act needs to change.

But there are many better ways of doing it than licensing us."

The labels "licensed" and "unlicensed" daycare are a misnomer, she said, because both can provide the same quality of care. Unlicensed providers just want to keep their independence, she added. The difference is licensed daycares are allowed to care for more than five children and are regulated by the province. Unlicensed daycares are not.

"We're individual business owners and run our businesses in different ways," said Cristina Tomas, who operates Cristina's Home Child Care in Barrhaven and holds a master's degree in education psychology.

1 NEWS



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# Jackhammer noise taking toll on building's tenants

## Wide awake.

Residents say noise is giving them anxiety, trouble sleeping, concentrating at work



**GRAHAM LANKTREE**

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The noise from jackhammers renovating an apartment parking garage at 235 Somerset St. has the building's tenants unable to read, watch TV or entertain friends, says a group who have banded together to demand compensation.

"We started with 16 tenants in our original complaint and are now over 50," said Lisa Blais, an attorney and president of the Association of

Justice Counsel who lives on the building's seventh floor. "The noise levels were incredible. There's jackhammering to the point I can't have a regular conversation with my husband."

Blais said the work starts around 4 p.m. and usually runs until 10 p.m. when the workers legally have to stop heavy construction. "I have an intense job, I work long hours," said Blais.

The group filed a multi-building action against the building's landlord, Taggart Realty Management, under the Residential Tenancies Act in July. They want a 25 per cent abatement in rent over the months of construction, which started in May.

After three hours of mediation with Taggart Realty's general manager, Julie Taggart, organized by the Landlord

Tenant Board Aug. 15, the two groups walked away from the table frustrated.

"Taggart offered compensation to tenants of 235 Somerset, on the condition that the association agreed that tenants in the other buildings received little or nothing," said Blais, noting the compensation was "less than what we asked for" and broken down by floors, giving those closest to the jackhammer noise bigger chunks of change.

Now Blais said the landlord is working to break up complaints from the three buildings into separate files. The hammering, Blais was told, could not be done at another time, since there are offices below the garage and it would interfere with their business.

Messages left with Taggart were not returned Wednesday.



Lisa Blais stands with a stack of legal papers detailing tenant complaints about noise from renovation work at the building behind her, 235 Somerset St. The tenants want a break on their rent as compensation.

SEAN MCKIBBON/METRO

## Peer into St. Cecilia elementary's green design



A view into how the floor is constructed at Nepean's St. Cecilia. The school features green building techniques, which students are encouraged to learn more about. CONTRIBUTED

Students will interact with and peer into the green guts of Ottawa's newest elementary school when they start their first day of class at Nepean's St. Cecilia next Tuesday.

"We opened up the floor to let them know what's happening below grade," said Thomas Burke, of the Ottawa Catholic School Board's planning department, referring to a window that lets kids see how the floor beneath their feet is constructed.

There are many other similar windows into the school's makeup scattered throughout the building. Each window comes with a handy QR code students can read with a smartphone or tablet. These codes direct them to websites where they can learn more about "green building."

"It tells them what the boilers are doing and how they're doing it," Burke said. "We've opened up walls, electrical panels that demonstrate power distri-

bution and ceilings to show what's going there. We're trying to make the building an educational aspect in itself."

The \$10-million school features landscaping that pushes snow toward its walls during winter months as insulation, adjustable LED classroom lighting that turn off when everyone leaves, a computerized energy-management system and soon solar panels will feed it power.

Using similar green

building techniques, the school board has saved \$12 million in energy costs since 2004, Burke said. St. Cecilia is built following LEED green building standards, which have become a measuring stick for building efficiency.

GRAHAM LANKTREE/METRO

On the web

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# Oh, zap! No extra money for stun guns, mayor says

**Budget.** Province announced this week permitted use of conductive-energy weapons will expand to front-line officers



STEVE COLLINS  
ottawa@metronews.ca

Mayor Jim Watson zapped expectations of extra money in the police budget for Tasers.

"The police have a significant budget and they're going to have to put forward their proposals and prioritize what



Mayor Jim Watson said police will need to find money in the existing budget if they want to equip more officers with stun guns.

STEVE COLLINS/METRO

they think is important," Watson said Wednesday. "If they think the Taser issue is important, something else will have to fall off the budget."

The province announced Tuesday it will change rules restricting the use of conductive-energy weapons to supervisors or tactical squads, allowing front-line officers to carry them.

Police Chief Charles Bordeleau voiced support for the change, and said he'd like to get the devices into the hands of 300 more officers. Each unit costs nearly \$2,000, not including training.

"Every organization, whether it's public health or the library, always comes up with very good and compelling arguments to spend more money, but our job is to keep the costs contained for taxpayers," Watson said.



## Blaze near Manotick Station suspicious: Officials

Two police cruisers sit near the charred remains of a two-storey home at 6203 Elkwood Dr. that was razed in an overnight fire near Manotick Station on Wednesday. Fire officials say the blaze is suspicious and arson investigators are probing that cause. There were no injuries in the fire. MIKE CARROCCETTO/FOR METRO

### Contract extension

## City gives Plasco garbage-to-energy project more time

Plasco Energy Group has until the end of 2014 to line up financing for its garbage-to-energy "plasma gasification" plant.

City council granted the contract extension Wednesday with warnings that if this deadline's not met, the city will be looking for other solutions for Ottawa's trash.

STEVE COLLINS/METRO

### Big payday

## Ottawa woman wins \$3.4 million

A local woman has won \$3,377,006.70 in the Aug. 17 LOTTO 6/49 draw.

"It was so surreal," said Shannon Severin in an Ontario Lottery and Gaming Corp. news release, describing the moment she realized how much she'd won.

She is still deciding what to do with her winnings but is considering a family vacation. The ticket was purchased at Jean Coutu Pharmacie on St. Joseph Boulevard in Ottawa. METRO

### Past pot use

## They, too, toked

Premier Kathleen Wynne and Toronto Mayor Rob Ford threw themselves in the political pot debate Wednesday, confessing they too smoked dope — and more than once.

The admissions follow a revelation by federal leader Justin Trudeau that he took a pull on a joint three years ago while he was an MP.

Wynne said she toked, but "very, very infrequently" and stopped 35 years ago. THE CANADIAN PRESS

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# The moment we sleep, the dream ends: Obama

**Martin Luther King Jr.** President uses 50th anniversary of speech to stress fight not over

The United States' first African-American president paid tribute Wednesday to its most revered civil-rights hero, standing on the steps of the Lincoln Memorial to urge Americans to continue fighting for equality and justice, 50 years after Rev. Martin Luther King Jr.'s historic "I Have a Dream" speech from the same spot.

"They did not die in vain; their victory was great," Barack Obama said of King and other slain civil-rights leaders of the tumultuous 1960s as he delivered his address just after 3 p.m. on Wednesday, the same date and time that King did a half-century ago.

"But we would dishonour those heroes as well to suggest that the work of this nation is somehow complete. The arc of the moral universe may bend towards justice, but it doesn't



Rev. Dr. Martin Luther King Jr. speaks to thousands during his "I Have a Dream" speech on Aug. 28, 1963. THE ASSOCIATED PRESS FILE

bend on its own."

Obama's remarks capped a rainy day of events that began when as many as 100,000 people marched through the drizzle to the National Mall.

Obama and many of the participants — which included Oprah Winfrey, members of King's family, Caroline Kennedy and former presidents Jimmy Carter and Bill Clinton — noted that while King called for equality and justice for all in 1963, African-Americans and

other minorities still face significant obstacles.

John Lewis, now a congressman from Georgia who was the youngest speaker at King's March on Washington for Jobs and Equality, pointed out that illegal immigrants are currently "hiding in fear," that African-American men are incarcerated at higher rates per capita than any other demographic and that unemployment and homelessness are still rampant.

Indeed, in the decades since

## No rest for the moral

"To secure the gains this country has made requires vigilance, not complacency."

U.S. President Barack Obama

King's famous speech, race relations remain a painful, ongoing concern. Obama himself has often served as a flashpoint for race-tinged ire from his foes.

A recent Public Policy Polling survey suggested a third of those in Louisiana even blame Obama for Hurricane Katrina, which devastated New Orleans three years before he won the Oval Office.

The conservative Daily Caller news website recently maligned Obama for his new dog.

"The Obamas now have two black Portuguese water dogs," the Daily Caller wrote. "The Obamas do not have any white dogs."

There were no Republican speakers at Wednesday's event.

THE CANADIAN PRESS



U.S. President Barack Obama and first lady Michelle leave at the end of the Let Freedom Ring ceremony at the Lincoln Memorial on Wednesday in Washington. ALEX WONG/GETTY IMAGES

## Canada same as U.S. for online spying: McAfee



U.S. software mogul John McAfee is in Canada to work on a biographical documentary by a Montreal-based company. GRAHAM HUGHES/THE CANADIAN PRESS

Speaking on recent leaks, U.S. software mogul John McAfee says Canada isn't immune from government spying.

"Your Canadian government has all of the facilities that the American government has, no more, no less," he says.

"If you think that the Canadian government is somehow morally or ethically or in any other way superior, you're wrong."

As an anti-virus-software ty-

coon at the head of McAfee Security, he says his early clients ranged from the CIA to the American navy and air force.

"From my experience ... I know for a fact the government knows almost everything about the average citizen."

Ten months ago, McAfee, 67, was a fugitive from the Belize government, wanted for questioning in the mysterious death of his neighbour.

THE CANADIAN PRESS

## Netherlands knocking

### Russia takes heat for menacing ship

Dutch officials are demanding that Russia explain why it threatened to fire on a Greenpeace icebreaker crew protesting energy exploration in the Kara sea.

Russia says it denied the Dutch-flagged Arctic Sunrise access over concerns about the ship's ice capability. THE CANADIAN PRESS

## Safety in question

### Two more vendors shut down at CNE

Two more food booths have been shut down at the Canadian National Exhibition, where food poisoning earlier this month forced the closure of a burger stand.

Officials said the booths were closed Tuesday over sanitation, food-handling and meat-storing temperature. THE CANADIAN PRESS



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## Doctor 'disturbed' to see a second birth-control recall

**Freya-28.** Women who have been taking the oral contraceptive are advised to use an additional method to prevent pregnancy

**'Twice too often'**

**"I was so disturbed to see that this had happened again."**

Dr. Jennifer Blake, the head of the Society of Obstetricians and Gynaecologists of Canada, of the Freya-28 recall, which is the second for an oral contraceptive this year.

Women who have been taking an oral contraceptive that's been recalled due to a packaging error could be at risk of an unwanted pregnancy if the entire batch was affected, says the head of the Society of Obstetricians and Gynaecologists of Canada.

Dr. Jennifer Blake said women who have been taking the birth-control pill Freya-28 in the last few months should

speak to their doctors and temporarily use an additional method of contraception, such as a condom.

On Tuesday, Health Canada issued a notice of recall for Freya-28 after a pharmacy reported that a package had been found that contained a placebo pill in place of an active one.

Packages of the pills sold by

Mylan Pharmaceuticals should have 21 white pills containing active ingredients, laid out in three rows, and a single row of seven green placebo pills.

Two lots of the product that were sold across Canada — 3739F001B and 3739F002B — have been recalled. The company's other birth-control product, Freya-21, is not affected.

The lots contained a total of more than 79,500 individual blister packs of the 28-day contraceptive, company spokeswoman Nina Devlin confirmed Wednesday. Almost 76,300 of those had been distributed countrywide between May 10 and Aug. 22, when the packaging mix-up was reported to the company.

THE CANADIAN PRESS

## Trudeau mum on 2015 election platform, for now



Liberal Leader Justin Trudeau speaks at the opening of the Liberal caucus retreat in P.E.I. on Wednesday. NATHAN ROCHFORD/THE CANADIAN PRESS

**Grasping at former glory**

Trudeau warned there's still "an awful lot of hard work" ahead to bring the party back into contention by the next election, after it was reduced to a third-party rump in 2011.

- Some of the heaviest lifting the Liberals must do involves fundraising. Long the party most reliant on large donations from corporations and wealthy individuals, the Liberals still have not fully adapted to political financing reforms introduced in 2004, which severely restricted individual donations and banned corporate contributions altogether.

Justin Trudeau has identified what's ailing the middle class, but he won't be rushed into offering any prescriptions.

The Liberal leader says that will have to wait until the party unveils its platform for the 2015 election.

"This is not something to take lightly," he said during a break in a Liberal caucus retreat, aimed at plotting strategy for the resumption of Parliament this fall and beyond.

"It's not something to reel off because people want answers. People want answers — but people want to be part of generating those answers.

"And that's where the Liberal party is absolutely serious about the kinds of meaning-

ful consultation and working with Canadians to build a platform that reflects both the priorities, concerns and solutions that Canadians are generating across the country."

Trudeau made improving the lot of the middle class the central pillar of his leadership campaign and has continued that since becoming leader in April. But while he and other Liberals frequently rattle off statistics demonstrating that middle-class families struggle to make ends meet, he has yet to spell out what he'd do to help them.

During the leadership, Trudeau similarly argued that platform development should

be a bottom-up exercise, not something handed down from on high. His rivals complained he was offering little but vague platitudes but their criticism found little traction among party rank and file, who elected Trudeau by a landslide. THE CANADIAN PRESS





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# U.S. 'concludes' Syria used chemical weapons: Obama

## Attack on civilians.

White House says it's planning a possible military response; fears of strike ripple across Middle East

President Barack Obama says the U.S. has concluded the Syrian government carried out a large-scale chemical weapons attack against civilians last week.

Obama says the U.S. has examined evidence and doesn't believe the opposition fighting the Syrian government possessed chemical weapons or the means to deliver them.

Obama says he hasn't made a decision about how the U.S. will respond.

The White House says it's planning a possible military

response while seeking support from international partners. But the U.S. has not yet presented concrete proof of Syrian government involvement in the attack.

Some lawmakers are calling for Obama to seek congressional approval for a military action.

Fears of a possible U.S. strike against Syria's regime rippled across the region Wednesday, as about 6,000 Syrians fled to neighbouring Lebanon in a 24-hour period and Israelis scrambled for gas masks in case Damascus retaliates against them.

The Israeli government ordered a "limited" call-up of reserve units to bolster civil defence preparations and to operate air-defence units near the border. Officials said the call-up is anticipated to bring in hundreds of troops.

THE ASSOCIATED PRESS



A wounded Syrian woman and her child are treated at the Israeli Ziv hospital on Wednesday in the northern town of Safed, Israel. About 140 Syrians who have been wounded in fighting in neighbouring Syria have been treated in Israeli hospitals since the beginning of the Syrian Civil war. URIEL SINAI/GETTY IMAGES

## No concrete proof

## U.S. to make case to UN

The U.S. has not presented concrete proof of Syrian regime involvement in the attack, and UN inspectors have not endorsed the allegations, although the UN envoy to Syria, Lakhdar Brahimi, said evidence suggests some kind of "substance" was used that killed hundreds.

Two senior Obama administration officials said U.S. intelligence agencies are drawing up a report laying out the evidence against Assad's government. A declassified version would be made public.

THE ASSOCIATED PRESS

## U.S. attacks on Syria

## Jordan says it won't be a launching pad

Jordan will not be used as a launching pad for attacks on Syria and the kingdom favours a diplomatic solution to the crisis, a Jordanian government spokesman said Wednesday.

A U.S.-led strike on Syria in response to the alleged use of chemical weapons by President Bashar Assad's regime likely would involve cruise-missile attacks from the sea, which would not need to cross or make use of Jordanian territory.

THE ASSOCIATED PRESS

## Spiralling mayhem

## Iraq blasts kill at least 70 in latest round of attacks

Car-bomb blasts and other explosions tore through Shiite districts around Baghdad during morning rush hour Wednesday in a day of violence that killed at least 70, intensifying worries about Iraq's ability to tame the spiralling mayhem gripping the country.

THE ASSOCIATED PRESS

## Humanitarian effort. Canada downplays military role in Syria

The Canadian government has hinted that its military role in Syria could be limited and that any contribution to an international effort there will be mainly political and humanitarian.

Foreign Affairs Minister John Baird says Canada does not have the weapons to contribute to the types of attacks being discussed.

"Some have speculated in the media and elsewhere that it could involve cruise missiles and armed drones — neither of which Canada has," Baird told reporters after meeting with a Syrian opposition figure Wednesday.

"We'll let decisions be made before we know that we have even the capacity to contribute militarily."

But he traced the outlines of other non-combat ways Canada intends to be involved.

Baird used a brief address to the media to outline Canada's \$90-million aid program for the country, saying more than half of that sum would go to food assistance for four million people and shelter and sanitation for 87,000 displaced people.

The Canadian government also appears poised to offer



Foreign Affairs Minister John Baird  
GRAHAM HUGHES/THE CANADIAN PRESS

its political blessing to a military intervention.

Baird said Canada and its allies are "of one mind" — that chemical weapons have been used and a firm international response is needed.

"We will continue to work with them in lock-step, and review a full-range of options going forward," he said.

He said Canadians are horrified by the scenes of atrocities committed against civilians. And he laid the blame squarely on the Syrian authorities.

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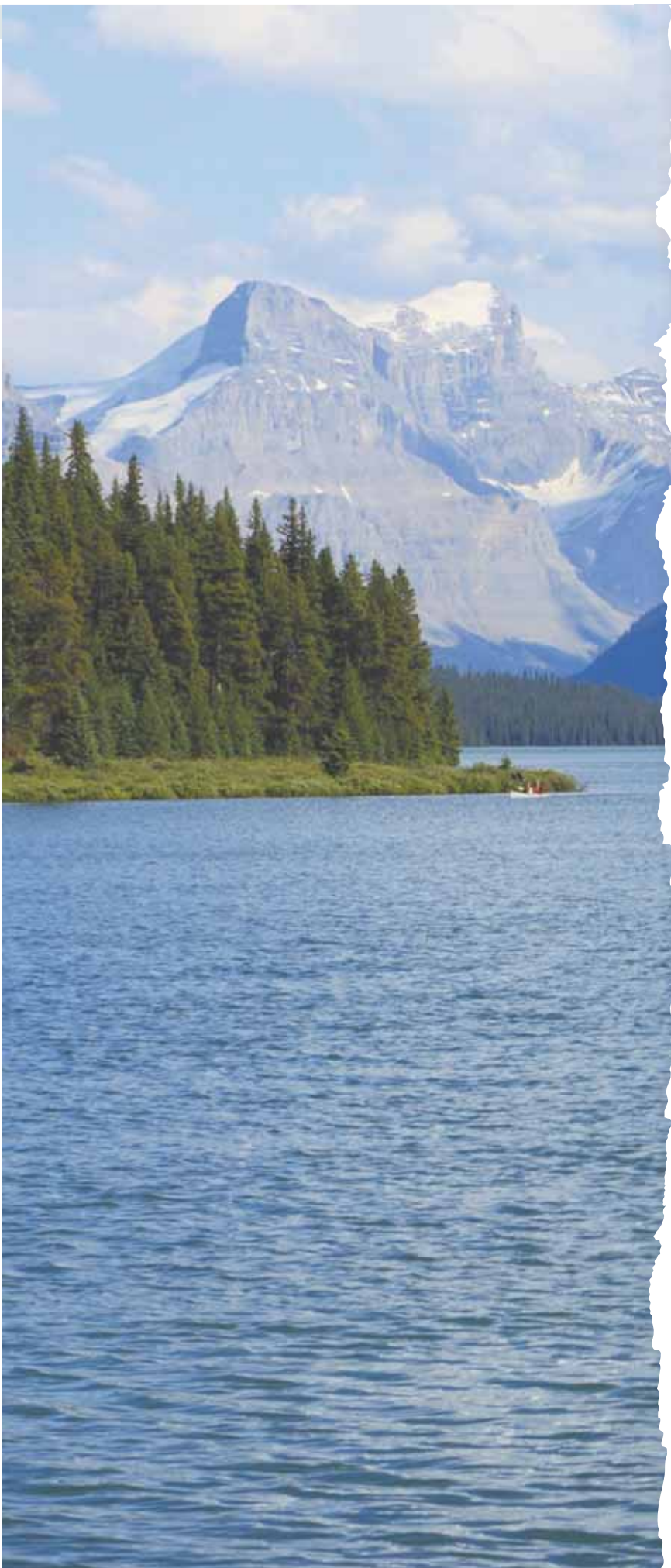
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\*Source: Nanos Research Survey, August 2013



# Artist flees after Putin paintings seized

**Russia.** Artwork of president in women's undergarments one of four confiscated as exhibition shut down

A museum director says an artist whose paintings depicted Russian President Vladimir Putin and Prime Minister Dmitry

## Which law?

A police statement did not specify which laws may have been violated.

- A Russian law prohibits

insulting state authorities.

- Another law bans so-called homosexual propaganda aimed at minors.

Medvedev in women's undergarments has fled the country.

The director of St. Petersburg's Museum of Power, Ta-

tiana Titova, said Wednesday that Konstantin Altunin left for France and was planning to request asylum there.

Authorities removed four of Altunin's satirical depictions of Russian politicians on Monday and shut down the exhibition.

Last year, an exhibit that depicted members of the Pussy Riot punk band as holy icons drew the ire of religious and pro-government activists, who came to protest the exhibition's opening.

THE ASSOCIATED PRESS



A visitor photographs an artwork titled *Travesty* by Konstantin Altunin at an exhibition in St. Petersburg, Russia. YELENA PALM, INTERPRESS/THE ASSOCIATED PRESS

## Yukon Sourtoe cocktail

### Man pays \$500 fine for swallowing toe

A man in Dawson City, Yukon, tried the Downtown Hotel's infamous Sourtoe cocktail — a shot of whiskey with a mummified human toe in it — gulped down the toe and then slapped \$500 on the counter, the fine for swallowing the shrivelled appendage. The fine has since been increased to \$2,500. THE CANADIAN PRESS

## Detroit

### Man admits he stole dad's body

In exchange for avoiding prison, a man has pleaded guilty to stealing his father's body from a Detroit cemetery — hoping to bring him back to life.

Vincent Bright, 48, stole the body of 93-year-old Clarence on Jan. 14 and stored it in a home freezer where police, acting on a tip, found it.

THE ASSOCIATED PRESS

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### No Jumbotron at this game

Elephants line up Wednesday for the opening ceremony of the King's Cup Elephant Polo tournament in Hua Hin, Thailand — the 12th year for the event. Proceeds from the tournament go to help rehabilitate elephants rescued from abuse. PAULA BRONSTEIN/GETTY IMAGES

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# Fort Hood shooter sentenced to death

## Shooting rampage. Thirteen people were killed in 2009 incident

A military jury on Wednesday sentenced Maj. Nidal Hasan to death for the 2009 shooting rampage at Fort Hood, delivering the only punishment the army believed fit for an attack on fellow unarmed sol-

diers. The sentence was one that Hasan also appeared to seek in a self-proclaimed effort to become a martyr.

The rare military death sentence came nearly four years after the attack that stunned even an army hardened by more than a decade of constant war. Hasan walked into a medical building where soldiers were getting medical checkups, shouted "Allahu

akbar" — Arabic for "God is great" — and opened fire with a laser-sighted handgun. Thirteen people were killed.

Hasan could become the first U.S. soldier executed in more than half a century. But because the military justice system requires a lengthy appeals process, years or even decades could pass before he is put to death.

The U.S.-born Muslim has

said he acted to protect Islamic insurgents abroad from American aggression.

He acknowledged to the jury that he pulled the trigger in a crowded waiting room where troops were getting final checkups before deploying to Iraq and Afghanistan.

It was the worst ever attack on a U.S. military base.

THE ASSOCIATED PRESS



Kerry Cahill comforts her mother Joleen on Wednesday as they talk about Michael Cahill, who was killed at Fort Hood. ERIC GAY/THE ASSOCIATED PRESS

## Sweden. Boarding school shuttered after hazing

Authorities in Sweden temporarily shut down one of the country's most renowned boarding schools Wednesday after repeated, shocking incidents of bullying and hazing — including one in which students were burned with an iron.

The Swedish Schools Inspectorate ordered the Lundsbergs school to close down until its management can assure the safety of its students.

Lundsbergs, founded in 1896, is the oldest of Sweden's three national boarding schools. Located in Storfors, a small village in central Sweden, it teaches about

200 students aged 13-18. Its graduates include famous politicians, business leaders and royals, most recently Sweden's Prince Carl Philip.

The decision to close the school for up to six months followed a weekend incident in which about nine older students burned two younger students with a hot iron as part of a semester initiation ritual. The older students allegedly blindfolded the two boys, ordered them to lay face-down on the floor and put a hot iron against their backs until they screamed. One of the boys had to be taken to the hospital.

THE ASSOCIATED PRESS



Students arrive at Lundsbergs school. FREDRIK SANDBERG/THE ASSOCIATED PRESS

### 160 quarantined

## Boy dies of plague after eating marmot

Four people have been hospitalized and 160 quarantined after a 15-year-old boy who ate marmot meat died of the bubonic plague last week, the Kyrgyz Ministry of Health said Wednesday.

The ministry in the Central Asian nation said the boy told medics he'd been camping in the mountains when he ate barbecued marmot, a large ground squirrel.

The ministry said there was no risk of an epidemic.

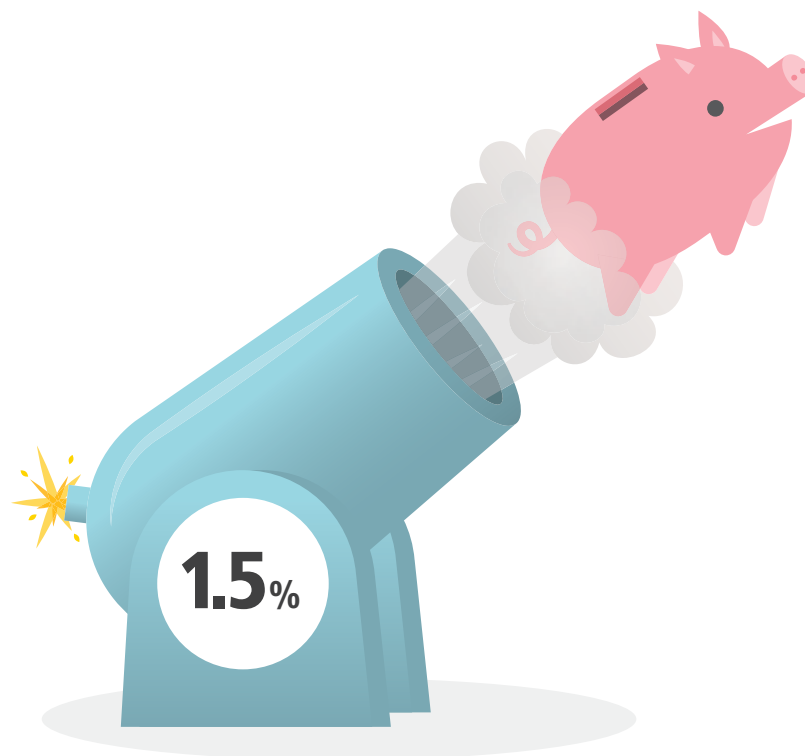
THE ASSOCIATED PRESS

### Zimbabwe

## Court defers charges on man who tore Mugabe poster

Zimbabwean court officials say a case against a man who allegedly intended to use an election poster of President Robert Mugabe as toilet paper has been indefinitely deferred.

Officials said the patron of a bar found no paper in the men's room and allegedly tore down a campaign poster. He faced charges under election and security laws surrounding the country's disputed July 31 polls. THE ASSOCIATED PRESS



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# Made-in-U.S. phone isn't more expensive to produce, IHS says

**Home advantage.** New Moto X is assembled in Texas, but it's cheaper to make than Galaxy S4

Motorola's new Moto X phone doesn't cost more to make simply because it's assembled in Texas, research firm IHS said Wednesday.

The Moto X is the first smartphone to carry the Made in the U.S.A. designation. While labour costs are higher in the U.S. compared with Asian factories, where phones are typically made, IHS said the Moto X is about five per cent cheaper to make than Samsung Electronic Co.'s flagship Galaxy S4 phone.

The firm said the Moto X's overall production cost is just nine per cent more than that of Apple's iPhone 5.

The findings come as little surprise, as the labour cost of a phone is just a small part of its production cost. IHS esti-



Moto X smartphones, shown here at a press preview in New York this month, are assembled in Texas. That means U.S. clients can order custom designs online for delivery within four days.

MARK LENNIHAN/THE ASSOCIATED PRESS

mates that labour and other assembly costs Motorola \$12 US per phone for the Moto X, bringing the production cost to \$226 US. That compares with \$207 for the iPhone 5 and \$237 for the Galaxy S4. IHS said Motorola is able to keep the cost of parts low by

using standard components that don't break much new ground.

By assembling the phone in Fort Worth, Texas, Motorola is able to let U.S. customers order custom designs online for delivery within four days. Standard black or white models are available immediately at retail stores.

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs," said Andrew Rassweiler, senior director for cost benchmarking services at IHS.

IHS said the estimated \$12 for assembly is about \$3.50 to \$4 more than other leading phones. "Our initial estimate suggests the additional costs of onshoring the Moto X are relatively low," IHS said.

The phone went on sale in the U.S. last Friday, starting with AT&T. It's coming to other carriers, including Verizon this week. The Moto X's price is about \$200 US with a two-year service agreement.

The Moto X is Motorola's first phone designed from the start under its new owner, Google Inc. The Internet search company bought Motorola Mobility for \$12.4 billion US last year.

THE ASSOCIATED PRESS

**Smartphone, smart move?**

**"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs."**

Andrew Rassweiler, senior director for cost benchmarking services at IHS

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# JERKS AND FOOLS, I'M TALKING TO YOU

Good news, everyone! The new 2013 rules for The Game of Life have been released. Not the board game, the real thing.

Effective immediately, cyclists who ding impatiently at pedestrians while riding on the sidewalk must take an eight-week night course explaining the etymology of the word "sidewalk." This is compulsory with the costs covered in full by you. You're welcome.

On public transit, passengers forced to watch couples engage in long, noisy, open-mouthed kisses now have permission to make special requests, such as "More tongue!" We hope this all-in approach will help smooth over any uncomfortable feelings.

On Internet forums, it is now unacceptable to write "Who cares?" under a story that you took the time to click on and read. This will help free up the Internet for substantive conversation, should that ever become an issue.

Also, you may no longer use an online article about, say,



HE SAYS

**John Mazerolle**

metronews.ca

butterfly migration to make a point about whichever political party you dislike. Come to think of it, let's just leave all Internet forums blank for now.

You may not complain about your young children on Facebook. Because no matter how bad a parent you are, they will still probably learn to read.

Using a homeopathic remedy for your cold is using something that has never worked on something that has never been cured, retroactive to the Dawn of Man. Please make a note of it.

During bar arguments, use of the phrases "We can't be sure anything's real," "That's just your opinion," and "Paradigm shift" will result in the instant loss of the argument. Bars may order a special "ringside" bell from the Game of Life catalogue to strike at the end of the argument. Order now and we'll throw in a barstool that automatically ejects the user into the street if they use the

phrase "You remind me of me at that age."

Cigarette butts are garbage. Live with it.

Cigarette butts and all other garbage must now be held onto even if there is no garbage can within sight. Thanks to special new laws of "cause and effect," smoked cigarettes, empty potato-chip bags and chocolate-bar wrappers are actually smaller and lighter than they were before you consumed their contents, for easy carrying.

Starting without delay, people who sit with laptops in crowded coffee shops will be chalked off by laptop police to ensure they move after 60 minutes. Violators will be towed.

Singing along so loudly at a concert that everyone within three rows is getting an off-key concert from you instead of the artist they paid \$110 to see remains totally awesome, so, please, continue.

As per standard operating procedure, these new rules are for jerks and fools only. Nice, smart people can continue as before.

We hope these easy-to-follow guidelines will help you avoid becoming a sack of useless human flesh. There's so much wasted meat in the world as is.

## ZOOM

# 20,000 people need a shower



ALBERTO SAIZ/THE ASSOCIATED PRESS

## Tomato fight sullies streets in Spain

Crowds of people throw tomatoes at each other during the annual Tomatina tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia on Wednesday.

Thousands of people splattered each other with tons of tomatoes in the annual battle in recession-hit Spain,

with the debt-burdened town charging participants entry fees this year for the first time.

Bunol officials said some 20,000 people took part in the hour-long street bash, inspired by a food fight among kids back in 1945.

Participants were this year charged 10 euros (\$13) to foot the cost of the festival. Residents do not pay.

THE ASSOCIATED PRESS



A woman kneels on the street covered with tomato juice during the annual Tomatina tomato fight.

ALBERTO SAIZ/THE ASSOCIATED PRESS

## Debt-ridden city

# 5 million

Bunol, with 10,000 inhabitants, has a debt of some 5 million euros. The town said six trucks brought 130 tonnes of ripe tomatoes to the scene. Portable showers were set up for revellers to clean up after the battle. The mayor of the town told a press conference that the decision to charge people was "one that no one wanted to make."

## Clickbait



**ANDREW FIFIELD**

andrew.fifield@metronews.ca

In the past few years, Soundcloud has grown from a promising music-sharing site to an absurdly rich source of new music made easy to find with slick social-network tools. If you haven't tried it, sign up for an account and get started by giving these two a follow.



## Cascade:

A London/New York-based record label with an eclectic mix of artists, including some real gems that can best be described as daytime disco. Head over to their page and hit play on the first track. You won't press stop any time soon. (soundcloud.com/cascade)

## Johnny Jewel:

The production brains behind Portland's mighty Italians Do It Better label, Johnny Jewel also happens to be a benevolent Soundcloud account holder, regularly posting new tracks, remixes and even full albums of his dark dance music. (soundcloud.com/johnnyjewel)

## Twitter



@metropicks asked: What's your biggest cell etiquette pet peeve? Eating with a cellphone on the table? The expectations of a company cell?

@5gatos: being on the phone whilst paying for groceries etc. It's just plain rude to the person serving you.

@JameyMPhoto: Seeing someone talking on the phone while being served in the service industry grinds my gears. It's unbelievably rude.

@josephinecleo: was a makeup artist for years, most annoying is to put lipstick on a gal while she's making pre-drink plans on her cellphone!

@ufosinvancover: Cellphone

usage during stargazing. It creates small scale light pollution and makes it incredibly difficult to focus.

@MOWLondon: reading these replies are all true and so many more .....#depressing. Technology has desensitized so many

@thepolishviking: having an in-person conversation repeatedly interrupted by "oops, I need to take this call/check Facebook/tweet/etc". Ouch.

@SusanDB11: people talking loudly on cellphones on bus/train. Nobody wants to hear your conversation!

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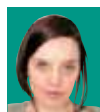




The five members of Crush Improv: Dan Lajoie, left, Al Connors, Tim Anderson, Glen Gower and Des Warrington. COURTESY ANDREW ALEXANDER

# Learning how to play again

**Theatre fun.** Let Crush Improv teach you how to step forward, lose your inhibitions and learn the craft of improv theatre



## BACKSTAGE PASS

Jen Traplin  
ottawa@metronews.ca

If you're looking for a fun way to bust out of your shell or just to add a bit of excitement to your life, try Crush Improv on for size.

Crush Improv started in 2007 with a handful of performers doing the odd gig.

Now, the group performs regularly and has recently started offering improv workshops, including their My Summer Crush series, which wraps up this weekend.

Co-founder Al Connors says one of the first lessons taught in the workshops is something he calls the improviser's code.

"If somebody makes an offer, and an offer could be anything like, 'Hey, let's go to the park!' or 'It's my birthday!' rule number one is you have to accept that offer. You have to say, 'Happy birthday! I got you this pony,'" explains Connors.

"As soon as people start blocking those offers or putting up walls, any momentum stops and you have to work twice as hard to get things go-

ing again. The shortest route to success is just to go with whatever is going on."

Of course, with no script to follow, you have to be willing to lose your inhibitions and just go with the flow which, Connors admits, is easier said than done.

"You have to remind people what it's like to play, not be self-conscious and just kind of put your neck out there and see what happens. If you fail, so what?" Connors said.

"The audience loves watching you fail so it's a win-win."

Connors says improv isn't so much about thinking on your feet as it is reacting on your feet.

"Confidence is probably more important than any-

thing," he says.

"The moment you start self-censoring or second-guessing yourself, you are sunk because the moment has already gone by and we're onto the next thing. You just have to go with whatever is going on."

His advice to anyone interested in testing out their improv skills is to just jump right in.

"You can always find an excuse to talk yourself out of something. If you're hesitating or you're afraid, any excuse is good enough to say, 'Maybe I'll sit this one out,'" Connors says.

"Improv is about following your impulses, trusting your gut and trusting the guts of the people you're performing with."

## Do work

Workshops happening this weekend:

Let's Explore the Why

- **When.** Friday from 5 to 7 p.m.
- **Where.** Arts Court Studio (2 Daly Ave.)
- **Cost.** \$40

Sketch Writing with Yates

- **When.** Saturday from 12 to 5 p.m.
- **Where.** Arts Court
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# Sitting on \$15 million in stamps? Watch this



Andrew Zegers is joined by Penny Marshall on *Extreme Collectors*. CONTRIBUTED

## Extreme Collectors. Show's host Andrew Zegers talks what's hot, what's not and how to start collecting

Have a collection at home that you're ready to cash in on? Or maybe you're thinking of starting a new hobby.

Andrew Zegers is a Toronto-based collector, dealer and appraiser with more than 30 years of experience, and the host of the new series *Extreme Collectors*.

### What's hot right now?

Every region is different, but I find in urban centres, new and younger collectors are buying Art Deco from the 1920s, up to and including teak furniture from the 1960s, along with all the accessories and lighting that complement it.

### What was hot but isn't now?

One good example...are

fine porcelain figurines by Royal Doulton. They were very popular amongst collectors for many years. For the most part, serious collectors have all they want, and today's generation of collector has little interest in them.

### What makes an item collectible?

That's easy...everything is collectible! It just takes one person with a desire to start collecting it, and in my 30-plus years there is little I haven't seen collected.

### How do you build a collection? Where do you start?

Start with whatever gets your heart pumping. If it gives you pleasure, why not collect it? If you are unwilling to make a large financial commitment, thrift stores, flea markets, and auctions are a good option. Educate yourself, talk with other collectors and dealers. Read reference books or online collector blogs. When you're ready, attend antique markets,

and paid admission shows. Focus on condition and rarity.

### How do you find out what a collection/item is worth?

These are the questions I keep in mind when figuring out the value of any collection: What condition is it in? How old is it? Was it mass-produced? Does it deteriorate with time and use? Does it have crossover appeal to many different collectors? Is it beautiful to look at, or at least is it functional? Will it sell in multiple markets, or is it limited to just one? All of these factors have to be taken into account when determining price. Then check price guidebooks and auction results.

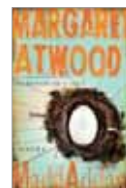
### Why do you collect?

Collecting, for me, is not be about money. I surround myself with beautiful objects, and enjoy them all. The dollar value is just a great fringe benefit to collecting. **METRO/EXTREME COLLECTORS PREMIERING SEPT. 2 WITH BACK-TO-BACK EPISODES AT 9 P.M. ET/11 P.M. PT ON SLICE**

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Last Week: - / Weeks on List: 1

### This Week

### Last Week Weeks on List

3. OMENS Kelley Armstrong	1	2
4. THE BONE SEASON Samantha Shannon	2	2
5. THE GIRL YOU LEFT BEHIND Jojo Moyes	5	2
★ 6. HOW THE LIGHT GETS IN Louise Penny	-	1
★ 7. BONES OF THE LOST Kathy Reichs	-	1
8. THE LAST KISS GOODBYE Karen Robards	8	3
9. THE KILL LIST Frederick Forsyth	9	2
10. I DECLARE Joel Osteen	10	4
11. THE INCONVENIENT INDIAN Thomas King	11	3
12. WAGING HEAVY PEACE Neil Young	6	5
13. WALLBANGER Alice Clayton	13	3
14. THE CASUAL VACANCY J.K. Rowling	14	6
15. INFERNO Dan Brown	15	15
16. THE WHITE PRINCESS Philippa Gregory	4	6
17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	20
18. CRAZY RICH ASIANS Kevin Kwan	18	5
★ 19. THE SILENT WIFE A.S.A. Harrison	-	1
20. A TAP ON THE WINDOW Linwood Barclay	3	4

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# Versatile Spurlock aims his focus in One Direction

**One Direction: This Is Us.** Talented documentarian wants to take the viewer inside the everyday lives of the ultra-famous boyband

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Metro World News in Hollywood

Documentary filmmaker Morgan Spurlock has taken on plenty of behemoths, from fast food to the hunt for Osama Bin Laden to the pervasiveness of product placement. Now he turns his cameras on the reigning kings of pop music, One Direction. But with a band that was formed on reality TV, how much more is there to reveal?

**How do you approach telling the origin story of one of the most well-documented groups in history?**

The thing for me coming into it was to do it as quickly and as cohesively as possible. It's a very quick part of the film. That whole story probably isn't more than five to seven minutes of the actual movie. I just wanted to take you on the ride with this group so you can get a sense of coming into their lives, understand what it's really like to be a part of One Direction.

**As you show in the film, these guys really have trouble going anywhere.**

The minute they walk out of their hotel, they get off a plane, there's always people there waiting. They have been blown up through social media — I mean, the fans have really taken ownership of this band — to the point that every time they go anywhere it's literally shared out and broadcast on Twitter. So it's difficult for them to go anywhere now.

**Speaking of Twitter, having pop idols isn't necessarily new. But this meteoric rise you discuss in the film, it seems without Twitter it couldn't have happened as fast.**

I don't think it would've happened as fast. I think Twitter played a huge part in exploding the band throughout the U.K. first, taking them to Europe. People all over the world heard about them and knew about them before they even had their first record out. So this whole idea of sharing that information was incredible, and part of that is the reason that I think the fans are so dedicated to them and so passionate. It's like having stock in a company.

**Do you envision the guys from the Backstreet Boys or New Kids on the Block shaking their fists and going, "If only! Damn you, Twitter! How could you**



One Direction are the subject of Morgan Spurlock's latest documentary. HANDOUT

**have come so late?"**

(Laughs) Those guys didn't seem like they were hurting too much. They should be much more upset about the way that their managers roped them into bad deals and massive ownership of the band, which didn't really happen with (One Direction).

**There's been a lot of coverage of the guys' tendency to rough-house and play grab-ass with each other, yet there's none of that in the film whatsoever.**

You see them goofing around. In the end credits you see some of the wrestling that's happening, you see them messing around with each

other. There's nothing to the extent of what the media turns things out to be. People just think that they wake up and wrestle all day, and that just doesn't happen. They're backstage walking around shirtless every day, so that's in there.

**One surprising thing in the film is how distractingly attractive their backing band is.**

Yeah, not only are they a good-looking band, but the back-up band is good-looking. That's true. (laughs) They have four incredibly handsome backing musicians. There's not an ugly guy on that stage.

## Rebecca Hall. English star embraces inhibition again in Closed Circuit

Rebecca Hall hails from a fancy pedigree: Her father is Peter Hall, the renowned English theatre director. Naturally she fell into acting, and has made a name jumping between theatre and film, playing often (but not always) reserved, even repressed, but always brainy women in *The Prestige*, *Vicky Cristina Barcelona*, *Please Give* and *The Town*.

In *Closed Circuit*, now in theatres, she once again goes smart and remote, playing a magistrate whose snooping into a terrorist plot uncovers a possible conspiracy, plus issues surrounding civil liberties, fair trials and government accountability.

**What drew you to this: the role or the subject?**

It was both. I thought the subject matter was such that it felt very — obviously — timely, and something that people needed to understand. And I thought it did it well. Trying to explain complicated legal procedures could end up being really dry.

**What did you learn from this script and research?**

The actual specifics of closed court proceedings was something that was very new to me. The British justice system is predicated on a rule of law and the notion of every person's right to a fair trial. The very definition of a closed court is it's not at all fair, because the defendant isn't around in the room to hear it, so he can't



Rebecca Hall HANDOUT

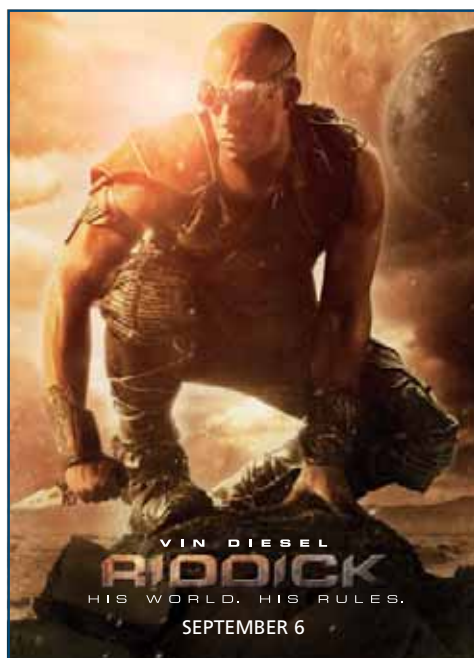
contest it.

**What was on your Closed Circuit character's playlist?**

She had a lot of classical, but she had mostly contemporary Scandinavian jazz. It reflected her character. She struck me as someone who was very emotional but never showed it. I wanted that sort of reserve in her music taste.

**You play a lot of inhibited characters. Is it easier to do that than uninhibited characters?**

No. Emotionally it's a lot easier to play uninhibited — characters who everything they're going through they have it on the outside. It's easier to let go of, in a weird way, because they get their emotions out. Whereas characters where you have to hold that emotion inside, and you don't have the catharsis of letting it out — those are the ones where I go home, sit in the corner and want to have a little bit of a cry. MATT PRIGGE/MWN IN NYC



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Liza Lapira, Rebel Wilson and Lauren Ash in *Super Fun Night*. CONTRIBUTED

# Don't laugh, do think terrible thoughts

## Canadian starlet.

Learning to improvise with Rebel Wilson was enjoyable, but holding in her giggles while doing so was a challenge

There was one thing Lauren Ash learned early on during the filming of *Super Fun Night*.

"You get really good at biting the inside of your mouth to try not to laugh, and thinking terrible thoughts," says the Canadian, who stars alongside Aussie Rebel Wilson in the new comedy about three 20-something friends rediscovering the joy of spending a Friday night out on the town.

"They are kind of like fishes out of water, for lack of a better term," said Ash, who plays Marika. "Every week we get to see them do things that you and I may think is normal, but this is a huge deal for them."

"Absolutely, girl's night is a huge thing. I don't know why we have to label it so, but I think women in general like that. 'We are going to do it. There aren't going to be any guys and we are going to wear pyjamas.'"

## From personal experience

• Rebel Wilson says *Super Fun Night* burst from her own social misadventures. The Australian-born comedian-actress said she used to sit home many nights with pals watching DVDs. Then she resolved to spread her wings and force herself into social situations.

Just don't assume this is a female version of *The Big Bang Theory*, warns Ash. "They are just social misfits. They are weirdos, not nerds. There is nobody who is quoting science or anything." If anything, the show is more akin to a 1980s John Hughes comedy.

To really bond, Ash says the cast spent some time together away from the set — which helped when it came to improvising their scenes.

"You get this rolodex of things you can pull out that the other person will be familiar with and will make them laugh a little bit," says Ash, who studied at Toronto's Second City. "It was a pretty big dream for me to be able to improvise, and it made for a really amazing experience."

*Super Fun Night* premieres Sept. 30, on City.

METRO

## We Are Men

### Swimwear surprise for O'Connell

Jerry O'Connell got a surprise when he saw part of his character's wardrobe in the new Global comedy *We Are Men*. He didn't find out he would be wearing a skimpy swimsuit in several scenes until he saw it hanging in his dressing room.

"We're a couple episodes in and I'm in the Speedo

continually. I have joined a gym and I've started drinking light beer. I don't know how guys like Michael Phelps do it all the time," he said.

O'Connell's wife, Rebecca Romijn, knows a thing or two about swimsuits as a former *Sports Illustrated* cover model.

"My wife's advice was, 'Go get a tan, do some push-ups and maybe do some



Jerry O'Connell's wife, who is a former *Sports Illustrated* swimwear model, gave her husband advice on sporting a Speedo.

CONTRIBUTED

Pilates," O'Connell added. *We Are Men* airs Wednes-

days starting Sept. 29. THE ASSOCIATED PRESS

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## TV star reruns?

Robin Williams' role as an advertising executive in *The Crazy Ones* doesn't mark the only TV star returning to the world of situational comedy this fall. Here are some of the other big names taking another stab at the small screen

One of the most highly anticipated TV returns is Michael J. Fox, who will star in Global's *The Michael J. Fox Show* on Wednesdays starting Sept. 25. ALL PHOTOS CONTRIBUTED



The Kids in the Hall and News Radio's Dave Foley will star in the CTV mid-season replacement *Spun Out*, set in the world of PR disaster management.

Sean Hayes, who played Jack on the long-running *Will and Grace*, heads his own comedy, *Sean Saves the World*, on Wednesdays on Global starting Oct. 2.



It's an NBC Thursday night reunion of sorts with CTV's mid-season comedy *Kirstie*. It re-teams *Cheers*' Kirstie Alley and Rhea Perlman, and throws in *Seinfeld*'s Michael Richards for good measure.

*Law & Order: SVU* and *Oz* actor Chris Meloni trades in his dramatic roles for a comedic turn as a stay-at-home dad on the mid-season CTV comedy *Surviving Jack*.



The *West Wing*'s Bradley Winter is joined by Canadian Malin Akerman and Oscar-winning Marcia Gay Harden for the CTV comedy *Trophy Wife*, premiering Sept. 24.

The *West Wing*'s Allison Janney also returns to the small screen after her scene-stealing turn in *The Way Way Back* this summer. She teams with Anna Faris for the new Chuck Lorre comedy *Mom*, which starts on City on Sept. 23.





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James Wolk performs with Kelly Clarkson on the season premiere of *The Crazy Ones*. CONTRIBUTED

# Williams makes it easy to Wolk alongside him

**The Crazy Ones.** James Wolk praises comic legend Robin Williams for his inclusive style and over-confident advertising role

It sounds like an exercise in biting off more than you can chew, but actor James Wolk says improvising alongside Robin Williams isn't as intimidating as you would think.

Williams is known as a rapid-fire jokester whose mind travels at warp speed through a punch line, but he is also generous to those around him. "You never feel that you are in this dangerous place. You almost feel like you are doing a dance with him," said Wolk, who stars with Williams in *The Crazy Ones*, a new Chicago-set comedy about the world of advertising premiering on City Sept. 26.

"I think one of the most generous things about him, in working alongside him and as an actor, is that he

takes you with him."

Wolk plays the over-confident — almost to a fault — right-hand man to Williams, whose character owns the advertising firm with his daughter, played by Sarah Michelle Gellar. In the pilot, Williams and Wolk try to get Kelly Clarkson to sing a jingle for a commercial. It's a scene packed with comedic opportunities for Wolk's character.

"I think anyone who can jump into a recording studio with Kelly Clarkson and think he is so wonderful that he wants to sing alongside of her is going to take us on a very interesting journey," he said.

"He fancies himself a Lothario if you will. I think at the end of the day we are going to have to see his redeeming qualities, otherwise you get sick of seeing someone like that. I think the comedy will also come from the fact that — quite simply — to watch someone so blindly confident is funny in itself."

Surprisingly, this is the second time Wolk has played a role related to ad-

## Picking Sides

So, is James Wolk more a fan of Sarah Michelle Gellar's *Buffy the Vampire Slayer* or *Mork & Mindy*, the comedy that turned Robin Williams and co-star Pam Dawber into household names?

"Pam Dawber is one of the most famous alumni from my high school ... and she spoke at my high school graduation, so I think I am going to have to say *Mork & Mindy*. I am sorry Sarah. I love you."

vertising in less than a year. Earlier this spring he played the much-discussed character of Bob Benson on *Mad Men*.


"I think an actor is never more on top of their game unless they're busy and they don't have time to think about what they are doing," he said. "It provided me with a place to bounce back and forth creatively."



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Eva Longoria voices Rudy in the new animated series Mother Up. CONTRIBUTED

# Short hair, but mixer of mean martinis

**Mother Up.** Desperate Housewives star fully utilizing college education but hasn't forgotten how to entertain as she takes on lead role as a mom

She has a distinctive voice — and laugh — but that doesn't mean Eva Longoria is seeking out a singing career in her future. "People hear me and say, 'You have a great voice, you can sing!' but I can't," she readily admitted. "I am horrible. I can't sing, but I can be Rudy."

Rudy is the sarcastic, smart, narcissistic — throw in about a half dozen other adjectives — streetwise mom in the new animated series Mother Up. A mid-season addition to City's line-up, the show follows Rudy, a former music exec, as she navigates the roads of suburban motherhood.

"I think that is a compliment," Longoria, who starred in eight seasons of Desperate Housewives, added about her voice. "After Desperate House-

wives I thought it would be easy to go into the sound booth without hair and makeup and just crawl into something ... but it is not easier; ... It is very hard to create a character in a sound booth."

Not only is Longoria adding her voice to Mother Up, she is also executive producing it, along with this summer's successful Devious Maids, which was recently renewed for a second season. We decided to quiz her on a few topics.

## On having a say about what Rudy looked like:

"I wanted her to have longer hair, but that is apparently really expensive in animation, like another 'gazillion' dollars when the hair goes past the shoulders. ... But usually she has a martini and a cigarette in the hand."

## The difference between Rudy and Gabrielle Solis, her character from Desperate Housewives:

"I would say Gaby was my opposite. She hated being married, wasn't really domestic, was a horrible friend, didn't want children, so she was like

a giant opposite of me, so it was really fun to play her. Rudy is nothing like anything I have ever been, so she is like a complete opposite. So she is this fun character I get to create totally. I have zero reference to play her."

## On pushing the limits with animation:

"It is an adult cartoon, so there is a lot of bleeping. The content is very inappropriate and funny. It's in the realm of Family Guy, American Dad. A little more risqué than The Simpsons. But it is really funny and we can't wait to push the envelope and we are lucky to have a format to do it in."

## On creating shows and not just acting in them:

"I became famous, or had my success, very late in life. I was 28 or 29 — well not late, but I wasn't 17 like some young star, some child star. I had worked in corporate America; I had already graduated from college, and so I had all of that business background. I love that aspect, because as an actor there is no recipe for success." METRO



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## Reign. You won't learn history here

The cast and creator of the upcoming series Reign, about the rise of Mary, Queen of Scots, are defending creative liberties taken for the show. Reign stars Adelaide Kane as Mary, a 15-year-old who arrives at court because of an arranged marriage to Francis, the future king of France. One issue: Francis is played by hunky actor Toby Regbo, when in reality Francis was a sickly child. And to keep

things interesting, there's a love triangle where Mary is torn between her husband-to-be and another hunky character named Sebastian, who never existed. Kane says the show's target demo of 18- to 34-year-olds won't care. "How many teenage girls do you know that are obsessed with history? I know I wasn't at that age," Kane said.

THE ASSOCIATED PRESS



Reign airs on CTV Two starting Thursday, Oct. 17. CONTRIBUTED

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One Direction. ALL PHOTOS GETTY IMAGES

## One Direction in jokey mood with Swift at VMAs

The boys in One Direction certainly have a sense of humour. When asked by E! News about being at the MTV Video Music Awards with Taylor Swift — who won an award for I Knew You Were Trouble, a song supposedly about ex-boyfriend and One Direction member Harry Styles — they

got a bit cheeky, with Niall Horan offering, "I don't know, she just started writing songs about me." Styles himself chimed in, reporting that he'd spoken with Swift that evening. "I said, you know, she needs to leave him alone," Styles joked. "I said, 'Niall is a nice guy.'"

## Billy Ray responsible for Piers' achy breaky heart

Piers Morgan is having a blast teasing Billy Ray Cyrus about cancelling an appearance on his talk show. "Billy Ray was supposed to be on the show tonight to explain his daughter's behaviour," Morgan offered earlier this week, his



Piers Morgan

hopes dashed that the Achy Breaky Heart singer might weigh in on Miley Cyrus' controversial MTV Video Music Awards performance. "I'm not sure he's quite worked out what his explanation is yet, so we've decided to postpone it."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Martin's journey out of the closet was a tough one

While Ricky Martin has been feeling much more at peace since coming out of the closet three years ago, he didn't always feel so great about himself — something he'd take out on others. The Puerto Rican

singer admits to GQ Australia that he used to bully other gay people while he was in denial about his own sexuality. "I look back now and realize I would bully people who I knew were gay. I had internalized homophobia," he says. "I was very angry, very rebellious. I was ashamed. When you're told you're wrong by everyone — from society, from your faith — my self-esteem was crushed. I took my anger out on those around me."

### Twitter



@ChloeMoretz

That moment when you're about to say hey to someone cause you think you know them but they just have the same face as someone else cause they go to the same plastic surgeon



@ElizabethHurley

Getting that Going Back To School feeling.....labelling clothes and trying to find gum shields.



@diabloCody

I am only cool in 30-second increments before I am consumed by a Pigpen-like cloud of loser-stink.



Alec Baldwin

## Paparazzi ensure Baldwin boils over once more

While Alec Baldwin having a nasty run-in with the paparazzi isn't necessarily news anymore, the latest incident got more than a little physical.

Baldwin reportedly got into a shoving

match with a photographer trying to snap a shot of the 30 Rock star and his wife, Hilaria Baldwin, according to E! News. Photos from the scene show Baldwin forcing the man down against the hood of a car, though neither party elected to file a police report. Hilaria gave birth to the couple's first child just days before the incident.

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## Mad for la mode

## As the show comes to a close, let's chat about the clothes

Christina Hendricks says it's going to be difficult when the seventh and final season of *Mad Men* starts filming this November.

"I just want to milk it as long as possible," said

Hendricks, who plays Joan Harris on the critically acclaimed AMC drama.

"I want to really enjoy this last season every second that I can because it's been a really special time for me and a really special show."

Hendricks spoke to The Associated Press on Thursday in Chicago, where she was hosting the opening of the city's Magnificent Mile

Shopping Festival.

So what was her favourite outfit during the show's run? A knee-length, belted purple dress with a silk fuchsia scarf, which was re-created for the Barbie collector doll.

"It has a little kick-pleat in the back," she said. "It's all about the detail. That's why I love all those vintage things. It's the details."

THE ASSOCIATED PRESS



Christina Hendricks

GETTY IMAGES

## Trends Report

- A new hair trend that has the web already buzzing may be the next big thing for 2014. Go online to Trends Report to find out what it is. Hint: You'll be seeing halos.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

## Kiss your lip gloss goodbye



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ESTÉE LAUDER PURE  
COLOR VIVID SHINE  
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When creating a bold lip, keep the rest of your makeup simple.  
GETTY IMAGES

Inspired by the striking lips at some of the world's biggest fashion shows, including Burberry, Prada, Missoni and Oscar de la Renta, we decided to

round up our favourite bold shades to wear now. Pair them with dewy eyes and barely there makeup for optimum pop.

TINA CHADHA



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LIP COLOUR IN  
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## One-minute miracle

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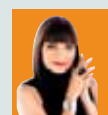
Marc Jacobs Honey Eau de Parfum, \$80 (50 mL), available at Hudson's Bay.

"Freshen up your fragrance wardrobe during the last days of summer, with a new spritz from Marc Jacobs. Honey is the inspiration and name of this perfume, but the scent is a mix of pear, mandarin, peach, orange blossom and honeysuckle. With a base of honey and vanilla it smells good enough to eat." Deborah Fulsang, TheKit.ca



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Jeanne Beker  
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@TypeACreative1: The only down side to losing 30 lbs is that my fave maxi dress by @EDITbyJeanneB doesn't fit!  
@Jeanne\_Beker

@Jeanne\_Beker: @EDITbyJeanneB Awww! Get a good alterationist!

@DejaLaVogue: hi Jeanne! love how ur Real & Enthusiastic re: fashion. i'm a Cdn accessories artist getting a start...

encouraging words? TY:D

@Jeanne\_Beker: Don't be afraid. And NEVER give up!!

@charmedchickJG: A curious question: do you like to knit?

@Jeanne\_Beker: I have completed a couple of sweaters and many a long scarf in my day!



# Where protein and veg exist in unity



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This is a great dinner when you want to combine your protein with your vegetables. Eggplant and chicken go so well together.

It's a comfort-type meal that's great the next day as well.

## Ingredients

- 2 eggs
- 2 tbsp milk
- 2/3 cup seasoned bread crumbs
- 3 tbsp grated Parmesan cheese
- 4 crosswise slices of eggplant, skin on, approximately 1/2 inch thick
- 1 lb skinless, boneless chicken breasts (about 4, pounded thin)
- 2 tsp vegetable oil
- 1 tsp minced garlic
- 1/2 cup tomato pasta sauce
- 2/3 cup grated havarti or mozzarella cheese

## Layered Chicken and Eggplant Parmesan



This recipe serves four. COURTESY ROSE REISMAN

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray. In small bowl, whisk together eggs and milk. On plate stir together bread crumbs and Parmesan. Dip eggplant slices in egg wash, then coat

with bread-crum mixture. Place on prepared pan and bake for 20 minutes, or until tender, turning once.

2. Meanwhile dip chicken in remaining egg wash, then coat with remaining bread-

crumb mixture. Heat oil and garlic in nonstick skillet sprayed with vegetable spray and cook chicken for 4 minutes, or until golden brown, turning once.

3. Spread 1 tbsp of tomato

sauce on each eggplant slice. Place one chicken breast on top of each eggplant slice. Spread another 1 tbsp of tomato sauce on top of each chicken piece. Sprinkle with cheese and bake for 5 minutes or until cheese melts.

## Dinner. Oven Rotisserie Chicken with Nut Rice

1. Preheat oven to 350 F (180 C) or 320 F (160 C) for convection

oven. Place chicken legs into bag with sliced spring onions

and follow the cooking instructions on the Maggi pack.

and stir fry broccoli florets until tender. Transfer into a bowl and keep covered.

2. In dry, frying pan, toast cashews, stirring frequently until golden, then transfer to a plate.

3. Cook rice according to pack instructions; set aside (covered).

4. Heat half oil in same pan

5. Heat the remaining oil and add the beaten egg to the pan, cooking like an omelette and breaking it up into pieces.

6. Add rice to pan with broccoli and cashew nuts, reheat



until piping hot then serve with the chicken. NEWS CANADA/MAGGI

## Ingredients

- 8 chicken legs
- 4 spring onions, sliced
- 1 pack Maggi So Juicy Rotisserie
- 1/4 cup cashew nuts
- 1 cup converted white rice
- 2 tbsp canola oil
- 1 small head of broccoli florets
- 2 eggs, beaten

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**About Mid-Autumn Festival**

9/19/2013

The Mid-Autumn Moon Festival falls on the 15th day of the eighth moon of the Chinese lunar calendar. This year, the festival will take place on Thursday, Sep. 19th. It is one of the most charming and picturesque nights of the calendar when the moon is large and full.

The Festival celebrates the harvest of the year, similar to Thanksgiving Day. It is also a time for families getting together to enjoy a festive full dinner, to eat moon cakes and festive fruits such as Persimmon and Pomelo, to appreciate the beautiful moon on the night of the Festival activities. Colourfully lit paper lantern decorations are put up and children parade the lanterns as part of the celebration. Sometimes, riddles are placed on the lanterns and guessing the riddles is one of the favourite festival pastimes.

**Moon Cake Sensation**

Traditional Moon cakes are round or rectangular pastries. A rich thick filling usually made from red bean or lotus seed paste is surrounded by a thin crust and may contain yolks from salted duck eggs.

**Full Moon Moon Cakes** White Lotus Paste w/ egg Yolk **9.88** /box

**Royal Snowy Deluxe Cakes** 2pcs/box **5.28** /box

Snowy Moon Cakes - Chewy Mochi wrapped with different flavoured filling, whereas the center filled with silky whipped cream. One bite gives you triple tastes.

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# Back to the school routine

Summer is sadly almost over and the back-to-school routine will be setting in soon for most families. Getting kids up, showered, fed and on their way is no easy task. Here are some handy products to help ease your child into the school year.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

## Wake-up light

No need to flicker the lights on and off to wake up your teen; there's an alarm/lamp that will do a better job. HF3505 Philips Wake-up Light, \$99, homehardware.ca.



## Block-out blinds

Get your little ones to sleep early in the evening (or to sleep in on weekend mornings) with room darkening blinds. Roman Blackout Shades, from \$39, bouclair.com.



## Friendly alarm

Sometimes a trusted friend is the only one that can get the kids out of bed. Let your little one choose their fave. LEGO Ninjago Figure Clock, \$25, toysrus.ca.



## Carry it all

Tweens and teens will run to the shower if they can take their favourite bath accessories without sharing. Mesh Shower Tote, \$18, bedbathandbeyond.ca.



## Timed toothbrush

With an auto two-minute timer, you'll be sure they are brushing long enough. Fun music tones tell them when to move the brush to another area of the mouth. Philips Sonicare For Kids toothbrush, \$70, target.ca.



## Musical shower head

Encourage more time in the shower by playing their favourite music. Moxie shower head and coloured Bluetooth speakers, from \$148, kohler.ca.



## Breakfast helper

Your teens can have some fun in the mornings by making their own hot breakfast sandwich. Breakfast Sandwich Maker, \$30, hamiltonbeach.ca.



## Removable memo board

Get them set for the week by having the agenda easily in sight. WallPops! Interlocking Puzzle Dry Erase Board Set, \$14, bedbathandbeyond.ca.



## No-key door lock



No need to worry about lost keys — simply set up a pass code and fingerprint system for each family member. ITouchless Bio-Matic Fingerprint Deadbolt Door Lock, \$400, homedepot.ca.

## Key safe

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# Creating a comfortable family room that works for the entire... well you know

**Room advice.** How can you design a stylish, sophisticated family room where grown-ups will want to spend time, while still keeping the space kid-friendly?

In many homes, the “family room” is decorated with just one purpose: to withstand the impact of juice-spilling, game-playing, cookie-eating, crayon-wielding children. The result is often a room that’s long on durability but short on style.

Three design experts — Brian Patrick Flynn of decor-demon.com and Flynnside Out Productions; Betsy Burnham of Burnham Design; and Jon Call of Mr. Call Designs — offer some advice:

## Strong fabrics

“Design technology and textiles are catching up with our family-friendly lifestyle,” says Burnham. “There are so many outdoor fabrics, so many amazing vinyls” that are durable and easy to clean, but also look good. Burnham is a fan of Holly Hunt fabrics treated with Nano-Tex, which resists spills and stains without changing the fabric’s texture.

Indoor/outdoor rugs are another great option now



A family-friendly breakfast nook designed by Brian Patrick Flynn that showcases the designer’s mix of classic patterns such as plaid, youthful colors such as navy blue and red, commercial-grade fabrics like automotive vinyl used for kid-friendly residential upholstery, and tables with rounded corners to avoid any mishaps from roughhousing. THE ASSOCIATED PRESS

that they’re being made with materials soft to the touch. Flynn, who often uses Sunbrella indoor/outdoor fabrics, suggests upholstering with removable slipcovers for easy cleaning.

When choosing slipcovers, “washed linen is great since it’s meant to look worn-in and super casual.” He’s also a fan of very dark denim.

## Neat sofas

Call recommends skipping sofas that have three or four seat cushions and several more cushions across the

back. “If you’ve got kids playing and jumping on those,” he says, you’ll constantly be finding the cushions out of place or on the floor. Instead, he says, pick a sofa with one large seat cushion and no separate cushions along the back.

## Multi-use tables

Family rooms are built for entertaining, so think about flexible seating, Burnham says. “Maybe a side table that’s also a stool, or a coffee table that’s also a bench or an ottoman.” Kids can

use an ottoman as a surface for games, while adult party guests can use it as seating.

Opt for tables with rounded corners for safety in rooms where kids often play, Flynn says, and choose tables with “metal or weathered wood tops. Metal tops can withstand heavy wear and tear, while weathered wood is intended to look worn, so as kids take their toll on the pieces, it simply adds to the intended look.”

## Varied lighting

Rooms that do double-duty



A family focused dining room. Interior designer Flynn had his client’s family photography cropped tightly, then printed over scale in black and white for use as dining room art. THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

need lighting that does too, says Call. “When you have adults over or if you’re watching TV or it’s a more intimate moment, you want a lamp by the sofa, at eye-level or below, to create intimate pools of light,” he says.

But kids doing homework or art projects need the brighter light that overhead fixtures provide. Make sure your family room has both.

## Extra storage

Have a place for everything, Burnham says, so toys and other kid-related items can

## Using bold colours

- In a high-traffic family room, Call suggests sticking with deeper colours rather than whites or pale shades.
- Flynn agrees: “The one colour I use more than any other in family-centric spaces is navy blue,” he says, because it can appeal to the whole family. He recommends Seaworthy navy from Sherwin-Williams: “It has just the right amount of purple in it to make it bright instead of dark.”
- “Red is another high-energy hue which works great in family rooms,” Flynn says, which works well with most other colours, especially black-brown, navy blue and charcoal.

be put away easily at the end of the day. She recommends a wall of built-in cabinets with doors, so kids’ clutter can be easily stashed, at hand but out of sight.

She also suggests creating storage space in the family room for a few fragile or valuable items that aren’t kid-friendly.

“You can have a cashmere throw in the cabinet that you pull out for the adults,” Burnham says.

THE ASSOCIATED PRESS



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## Butler advice

Ironing tips  
just in time  
for school

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With back-to-school season in full swing, parents are busy buying new clothes for their scholars. With so much to do, most moms and dads don't have the time to iron their children's clothing and most kids don't know how to iron, so how to circumvent this problem?

Here are a few tricks to help speed things along.

1. Buy casual clothing — jeans, T-shirts, sweatshirts etc. Traditionally casual clothing requires less care than formal clothing — like 100 per cent cotton dress shirts and linens.

2. When you wash clothes, and then put them in the dryer, do not over dry them. As soon as the dryer is finished, pull them



Is there anything better than a freshly ironed shirt? (I doubt it.)

ISTOCK IMAGES

out and either hang them or fold them. This helps reduce the wrinkles.

3. When you have your morning shower, hang the garments in your bathroom and close the door. The steam will help relax the fibres and release some of the wrinkles.

4. This works really well with shirts and bed sheets. Again take the sheets out of the dryer as soon as they are ready. In the case of sheets, put them on the bed and give a very light

spray of cold water. Tug the sheet from all sides and let them dry. This will help release the wrinkles. The same technique works for dress shirts. Hang them on a hanger and lightly spray with cold water and pull the shirt out from all sides.

In the end, there is nothing better than a freshly ironed bed sheet or dress shirt, but in the event that you can't or just won't iron, the above will surely be of some help.

A better bathroom doesn't  
need to drain your finances

**Makeover.** This is one room in the house where little things mean a lot

Often small and poorly lit, bathrooms can end up neglected. But they're probably the easiest room to make over, says Ingrid Abramovitch, senior editor and writer at Elle Decor magazine and author of Restoring a House in the City.

A very basic change is to buy a new shower curtain and good quality towels.

Is this a kids' bathroom? Think bright colours and fun patterns. Or, to create a spa-like retreat, look for fluffy towels in serene neutrals, and maybe add accessories like new soap dishes and towel rails in elegant materials.

If you want to up the luxe factor, think about installing a towel warmer.

Another easy change is



Moxie Showerhead in polished chrome with an integrated speaker.

THE ASSOCIATED PRESS/KOHLER CO.

to swap out your shower head for a new, multifunction model.

If your water pressure isn't all it could be, shower heads designed to boost spray power can help. You might also try a shower filter to see if you notice an improvement; basic models can be found from under \$30 from brands such as

Aquasana and Sprite.

A hot trend is bringing music into the bathroom — the better to accompany your shower serenades. The Moxie showerhead from Kohler, for example, has a built-in wireless speaker that uses Bluetooth technology to sync with your music device. (Suggested retail for the showerhead: \$199.)

If you're feeling handy, one of the cheapest ways to transform a bathroom — or any room — is colour. "You can always very quickly change the esthetics of a room with a can of paint," says David Alhadeff, interior designer and founder of The Future Perfect, a furnishings store based in San Francisco and New York.

Is the room white? How might it look in bright yellow with towels and bath mat to match?

Look for the new humidity-resistant paints that come in flat finishes for a refined look.

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# BACK TO SCHOOL

Thursday, August 29, 2013



Advances in technology, such as tablets, laptops and smartphones, are taking the power of learning to a whole new level in schools across the country. SYDA PRODUCTIONS/COLOURBOX

## No more pencils, no more books

**Change.** Interactive technology means schools are slowly switching to paperless classrooms

MICHELLE WILLIAMS  
For Metro

Digital learning has finally come of age in schools.

"Learning in the 21st century is all about getting kids actively involved and highly

engaged, giving the students a voice and encouraging them to take ownership of their learning," said Toronto District School Board principal Cassandra Alviani-Alvarez.

Access to technology in every school, from laptops

to tablets to smart boards (interactive white boards), is interactive and paying off in classrooms.

"Kids are spending a lot more time learning," Alviani-Alvarez said. "We have mobile carts that travel from class to class with enough tablets and laptops for everyone in the class. It's fair to say that, in some schools, kids are spending well over half their time on computers."

While not all schools are wireless yet, ministries are pushing for high-tech learning in the near future. It's meant to keep up with the fast pace of the digital world and optimize electronics in child-based learning.

"We want kids to have good problem-solving and critical-thinking skills," Alviani-Alvarez said. "And we live in an era where learning happens quickly as a result of

the Internet. We're also in an app world. Kids use apps for everything from figuring out money to doing multiplication tables."

So how does it all work? "Teachers post work on a smart board, kids do the work on their computers or tablets and submit the work online to their teacher using the class website," Alviani-Alvarez said.

"Kids love learning this

way and it takes the power of learning to a whole new level."

So are books going the way of the dinosaur?

"Of course we still use books, paper and writing utensils. We don't want kids sitting in front of the screen all the time. But computers have so many great applications to help spark engagement, deepen learning and open new possibilities for students."



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Children should eat a balanced breakfast consisting of choices from at least three of the four food groups before heading off to school. SYDA PRODUCTIONS/COLOURBOX

# Boost your breakfasts

MICHELLE WILLIAMS  
For Metro

Studies show that children who eat breakfast concentrate more and learn better with energy to participate in activities.

Brandy McDevitt, a registered dietitian and co-owner of TummyThyme, an Ottawa-based consulting service specializing in kids nutrition, answers some questions about breakfast before going to school.

**Q** My kids only want to eat high-sugar cereals. Should I just let them eat it?

**A** For healthier cereal choices, look for options made with whole grains with at least five grams of fibre and less than 10 grams of sugar per serving with a short list of ingredients that you can understand.

**Q** We are late sleepers and never seem to have time to sit down for breakfast on weekday mornings. What can I do to ensure my children eat healthy?

**A** Do some healthy baking in bulk on the weekends when you have time. Other quick and easy options to grab and go are fresh fruit and a handful of nuts, individual containers of yogurt, or dry cereal in a baggie.

**Q** How do I know if my kids are eating a healthy breakfast that optimizes learning?

**A** A balanced breakfast would consist of at least three of the four food groups. Some examples would be bran cereal with yogurt and blueberries; whole-grain bread, peanut butter and milk; a homemade banana muffin and a glass of almond milk; or eggs, whole-grain toast and sliced tomatoes.

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# Making a smooth transition to university

**And college.** It helps to know that some anxiety is normal, says one expert

**MICHELLE WILLIAMS**  
For Metro

There is always an adjustment when kids change schools, but there is nothing quite like making the transition to university from high school.

For many, it's not just switching schools, it's also moving away from the safe place you have called home all your life and forging new friendships among a vast sea of other students all dealing with the same set of challenges.

"Many first-year students adjust to university life with minimal difficulty," said Aneesa Shariff, a psychologist with the University of British Columbia counselling services. "However, some of the most common problems I hear about tend to cluster



Forming study groups with classmates is a great way to stay on top of work, build a support system and form social connections. COLOURBOX

around a theme of feeling lost. Some students find it difficult to navigate a large campus having come from high school and this can be even more challenging for students who are from smaller towns.

"It helps to know that

some anxiety is normal in the face of multiple changes, but with a little patience and perseverance, most students adapt well after a short period of time."

She stresses that if things don't improve or seem to

be getting worse after a few weeks on campus, remember that universities have many resources and services to help support students through the transition.

One common concern for parents is the academic shift.

"There's a big adjustment around being one face among hundreds in large lectures," Shariff said. "Perhaps the biggest change is the lack of check-ins around homework and assignment completion, which is a significant shift

## New responsibilities

**"Perhaps the biggest change is the lack of check-ins around homework and assignment completion ..."**

Aneesa Shariff, a psychologist with the University of British Columbia counselling services

from the structure of high school classes. This makes it difficult for some first-years to keep pace with coursework and can negatively impact their academic performance."

Shariff recommends a fixed study schedule from the beginning of the school term. While it may be tempting to put off serious studies until midterms, this can cause tremendous stress and is often a recipe for failure.

Forming study groups with classmates is a great way to stay on top of work, build a support system and form the social connections that will contribute to a positive transition to university life and academic success.



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Parents should play a role in helping their child adjust to life at a post-secondary institution. COLOURBOX

## Post-secondary. Help your child with their new venture

MICHELLE  
WILLIAMS  
For Metro

Is your son or daughter leaving the nest to head off to university or college?

With the help of Janice Robinson, director of University of British Columbia's residence life and administration in student housing and hospitality services, here are some ways you can help support your student as they venture off to a post-secondary institution.

Read up together. Go online with your child and find out about the resources offered on campus and read any emails the university or college has sent. Review the residence contract together to find out about the rules of the residence. And pick up a copy of *Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years* (2011 edition) by Helen Johnson and Christine Schelhas-Miller.

### Give them space

**"Let your child know how things are going at home, but don't expect as much information in response. This is a time when students are seeking independence, so give them space."**

Talk. Take time to discuss such matters as how your child will manage the commitment of homework, deal with such temptations as alcohol, drugs, sex and partying, maintain a budget, eat properly, do laundry and keep themselves and their belongings safe. Be sure your student knows their residence adviser is there to help.

Get organized. Check that your child is packing appropriately for campus life without too much (residence rooms are small) or too little.

Ensure their belongings are properly insured against loss and theft.

Text, email and call. Let your child know how things are going at home, but don't expect as much information in response. This is a time when students are seeking independence, so give them space.

Reassure. If your child does call or write you in a panic, it's important to be calm and supportive. Coach them about ways to manage and seek help, and resist the temptation to step in unless things seem to be spiralling out of control.

Send care packages. Kids love to get packages from home. Here are some things students especially enjoy receiving: Home-baked goodies (enough to share with floor mates); photos of family, friends and pets; money, gift certificates or gift cards; toiletries; seasonal décor; socks and underwear; and personal notes and news from home.

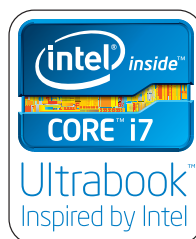
ASUS recommends Windows 8.

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# Checklist for a milestone day

**Kindergarten.** A few tips to help make that precious first day go smoothly for your child

**MICHELLE WILLIAMS**  
For Metro

The exciting first day of school is just around the corner for your child entering kindergarten. Are you all ready for this new milestone?

Toronto District School Board kindergarten teacher Lorraine Arnone-Di Mondo shares some tips for a smooth start to the school year:

**1** Make sure the school has a complete and current list of emergency contact numbers. "It's amazing how often we try and call parents and we can't get hold of them," Arnone-Di Mondo said.

**2** Have proof of vaccination papers ready. "If you

aren't able to supply these for any reason, it could interrupt the start of school for your child."

**3** Ensure your child can go to the bathroom independently. "Kids should be able to wipe, flush and wash their hands on their own. They should also know about coughing into their elbow and wiping the nose with a tissue to avoid spread of germs."

**4** Children should have a solid bedtime regimen. "Start this routine before school starts so they're alert and on time when they arrive."

**5** Help them learn the basics. Practise counting, reciting the alphabet, recognizing numbers, letters, colours and some animals, along with things like the difference between two and three or what certain letters sound like.

**6** Teach your child to print their name. "Students should be able to hold a pen-



Are you and your child ready for the first day of kindergarten? These helpful tips may help the transition go smoothly. COLOURBOX

cil and identify the appearance of their name so they can locate their things within the classroom."

**7** Expose your child to books every day. Choose books with pictures and large text so the child can make a

connection between words and concepts. "We don't expect a child to read, but they should know how to hold a book, open it and turn pages."

**8** Teach them how to independently dress themselves. They need to be able to

take coats and boots on and off. "Buy shoes with Velcro if they can't tie their laces."

**9** They should have a backpack with their name on it. "It needs to be big enough for artwork, books, snacks, lunches and

shoes, but small enough for them to manage."

**10** Send in an extra bag with a change of clothes for your child. "This is just in case clothes get wet or spilled on." Ensure that their name is on everything.

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MLB

## Cano held out of series finale in T.O.

Star second baseman Robinson Cano was out of the New York Yankees' lineup Wednesday night, a day after being hit by a pitch in the left hand.

Cano was struck by a pitch from Toronto's J.A. Happ in the first inning. Manager Joe Girardi said Cano was still dealing with pain and swelling.

Girardi said he hoped to have Cano in the lineup Friday night at home against Baltimore. Cano is batting .305 with 24 home runs and 85 RBIs. **THE ASSOCIATED PRESS**

Go to [metronews.ca](http://metronews.ca) for the result of Wednesday night's Jays-Yankees game.

Soccer

## Bale about to bail for Madrid, manager says

Gareth Bale is close to becoming the world's most expensive footballer after Tottenham manager Andre Villas-Boas said Wednesday that the forward's drawn-out transfer to Real Madrid could happen "very, very soon."

Villas-Boas said Bale's deal is likely to be "the biggest transfer in world football," exceeding the 93 million euros (\$124 million) Madrid paid for Cristiano Ronaldo four years ago.

**THE ASSOCIATED PRESS**

# Li lights up U.S. Open before clouds set in

## Rackets and umbrellas. Chinese standout and Radwanska win before rain wreaks havoc at Flushing Meadows

Li Na got her work done quickly Wednesday at the U.S. Open, so when the rain started falling, she had little to worry about.

The fifth-seeded Li defeated Sweden's Sofia Arvidsson 6-2, 6-2 in the day's first match at Arthur Ashe Stadium to advance to the third round. Shortly afterward, heavy rain came and Li's only concern was finding an umbrella.

"It's tough for them," she said, referring to the 58 players who still had singles matches to complete Wednesday. "For me, just relax all day and do whatever I want."

Later Wednesday, Venus Williams dug herself out of deficits over and over again, until she simply ran out of solutions, exiting the U.S. Open before the third round for the third year in a row.

At 33, Williams was the oldest woman in the second round at Flushing Meadows, and while she made things interesting after a poor start to the match and to the final set, she couldn't sustain her solid play

### No. 1 gets some rest

Thanks to the rain and the schedule makers, Serena Williams got an unexpected day off Wednesday at the U.S. Open.

- Besides Williams, No. 8 Angelique Kerber, who was scheduled to face Canada's Eugenie Bouchard, No. 9 Jelena Jankovic and No. 25 Kaia Jankovic got an extra day of rest.

all the way through and lost to 56th-ranked Zheng Jie of China 6-3, 2-6, 7-6 (5).

Radwanska dropped only seven points during a 21-minute first set, but the second lasted 66 minutes. Long, but not too long. She beat Maria-Teresa Torro-Flor of Spain 6-0, 7-5.

"Sometimes it's good to play first, even when I have to wake up really early," Radwanska said, referring to the rain.

The U.S. Open has wrapped up a day late for five straight years because of rain delays.

This year, the U.S. Tennis Association announced it was building a roof over Arthur Ashe Stadium as part of a renovation project that will cost \$550 million. The roof could be ready by 2016, or 2017 at the latest. **THE ASSOCIATED PRESS**



Li Na returns a shot to Sofia Arvidsson during Round 2 of the U.S. Open on Wednesday in New York. KATHY WILLENS/THE ASSOCIATED PRESS

4 SPORTS



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# What we learned from camp

Over two-plus days of meetings and walkthroughs, 45 of Canada's potential Olympic men's hockey players took the first step toward Sochi in February. Here's what we learned from their time in Calgary.

THE CANADIAN PRESS

Photos by Getty Images

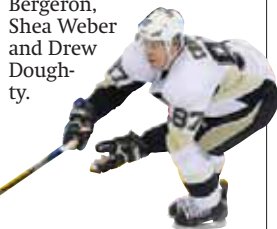


## Babcock is smart

Genius is a word thrown around far too often in sports. Coach Mike Babcock isn't Albert Einstein, but his idea to have players go through ball-hockey walkthroughs because insurance issues kept them from skating was brilliant. From that, the players got a good idea of spacing and systems on the bigger rink and had a blast while learning.

## Locked and loaded

General manager Steve Yzerman conservatively estimated there are seven or eight so-called "locks" to be in Sochi, as long as those players are healthy. He wouldn't say who, but it's fair to consider that group could include Sidney Crosby, Jonathan Toews, Duncan Keith, Steven Stamkos, John Tavares, Rick Nash, Patrice Bergeron, Shea Weber and Drew Dougherty.



## This isn't 2010

As celebrated an accomplishment as winning gold in Vancouver in 2010 was, don't expect Canada to copy and paste that roster over to Sochi four years later. This is a team that learned from 2006, when it brought back a majority of players who won the 2004 world championship and thought it would be a recipe for success in Turin. There's a focus on finding specific role-players who can thrive on the big ice.

## Babcock is coy

During two days of ball-hockey walkthroughs, the 40 position players were split up into lines and pairings that Babcock insisted no one should read anything into. He said the lines were put together intentionally to be misleading. So is it a coincidence that the magic pair of Toews and Nash were together? What about the lefty-righty defensive pairings?



## Management is organized

The management group has a representative in each of the NHL's four divisions. With not even half the roster essentially set in stone, scouting will be a nightly endeavour, and players understand that consistency is crucial. Regular conference calls will allow management and the coaching staff to stay in touch.

MLS

## Donovan staying put with Galaxy

Landon Donovan signed a multi-year contract extension with the Los Angeles Galaxy on Wednesday, keeping the high-scoring U.S. national team star with his MLS club.

Donovan, whose current contract was up at the end of the season, could be the highest-paid player in MLS if he reaches incentives within the deal.

"This is the place I want to end my career," Donovan said. "I've always wanted to be here. I've always wanted to play here. When other opportunities arose, they paled in comparison to playing here."

The 31-year-old Donovan has been with the Galaxy since 2005, winning three of his five career MLS Cup titles in Los Angeles. The fleet-footed midfielder is the third-leading goal-scorer in MLS history, trailing leader Jeff Cunningham by just three goals.

THE ASSOCIATED PRESS

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## Horoscopes

### Aries

March 21 - April 20

Others will look to you to lead the way and to make the kind of decisions they are either unable or unwilling to make. It's a big responsibility but you're big enough to shoulder it — and you're a natural leader.

### Taurus

April 21 - May 21

You will have to get tough with someone you work with today. You know if you don't, they will take it as a sign of weakness and walk all over you. Don't let it reach that stage.

### Gemini

May 22 - June 21

The most important thing now is that you let the world know you cannot be taken for granted. That does not mean go to extremes but find ways to show you are a serious player.

### Cancer

June 22 - July 23

Anything that requires careful planning and sustained effort will come easy now and even if you start from a position that is way behind your rivals, you will soon overtake them. You have what they don't: staying power.

### Leo

July 24 - Aug. 23

Take a leading role in whatever project you are working on. You don't have to barge in, elbows flying, and knock everyone else out of the way. Just lead by example and others will surley follow.

### Virgo

Aug. 24 - Sept. 23

You may have thought that battles with co-workers were a thing of the past, but no such luck. If you are challenged today, you must strike back quickly and decisively.

### Libra

Sept. 24 - Oct. 23

Take a risk today if you think the odds are worth it but if you are uncertain then leave well alone. There may be only a dollar or two at stake but if you lose it will feel like a million.

### Scorpio

Oct. 24 - Nov. 22

You will snap at people for the slightest little thing today. With Mars moving through the most ambitious area of your chart you simply cannot be bothered with other people's petty problems.

### Sagittarius

Nov. 23 - Dec. 21

You need to be on the move today, so whatever your duties or chores may be, make sure you give yourself some free time. If you get an invite to a social event, take it.

### Capricorn

Dec. 22 - Jan. 20

Don't turn down an opportunity for a promotion just because there is a lot more work involved. Since when have you been afraid of rolling up your sleeves and getting stuck in? Show them how it's done.

### Aquarius

Jan. 21 - Feb. 19

Give yourself something to aim for and don't stop until you have reached your goal. It may at times seem as if the world is against you but that will encourage you to try harder.

### Pisces

Feb. 20 - March 20

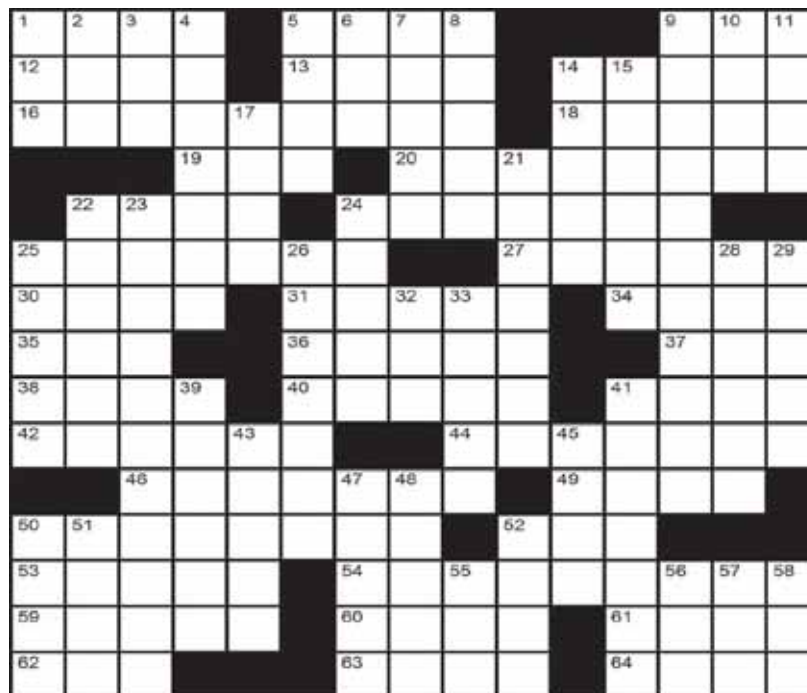
Friends and family members will let you know they are there for you today, and that's nice. Not that life will get especially tough over the next 24 hours but it's good to know support is there if you need it.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Types of PC files
- \_\_\_ tape
- 1996 Snoop Dogg album: '\_\_\_ Doggfather'
- MTV's "The \_\_\_ World"
- Bread spread
- Taj \_\_\_
- CFB \_\_\_ (Naval base on Vancouver Island)
- Jane Eyre was her governess
- Fast rotation meas.
- Canuck canine
- Shakira's "\_\_\_ Don't Lie"
- Beyonce's sister
- Eat elsewhere: 2 wds.
- Parts of things
- Additional
- Morning jam spot
- \_\_\_ Spring Island, BC
- Sport-\_\_\_ (All-purpose vehicle)
- Tedium
- Week part
- Scoop holder
- Moves toward
- Hide
- Results
- Canadian History: 17-century explorer who acted as an interpreter among First Nations, \_\_\_ Brule
- Merle Haggard's "\_\_\_ from Muskogee"
- Confidant



- Pay to play
- Given a new book name
- Dieter's stat.
- Maid on "The Brady Bunch"
- This thingy - ...in math: 2 wds.
- Spelunker
- Mr. Redding
- Merle Haggard's "\_\_\_ from Muskogee"

- Compass dir.
- Canadian actress Ms. Mitchell on "Pretty Little Liars"
- "Cool!"

### Down

- Before
- Iowa's capital, \_\_\_ Moines
- Website's help listing, commonly

- Winnipeg, 'The Capital of the World'
- Actor Mr. DeLuise's
- 'Form' suffix
- Classical quartet instrument
- Wreck
- Chocolate chip cookie by Canadian food brand President's Choice: 2 wds.

- Angel's crown
- Yankee or Oriole, e.g.
- \_\_\_ Nixon, soprano whose singing was dubbed in for Natalie Wood in "West Side Story" (1961)
- Words of wisdom
- \_\_\_ facto (By the fact itself, in Latin)
- John the \_\_\_

- Socialite, Paris
- Jann Arden hit
- Castle material
- Mr. Bigalow, Male Gigolo
- Fork or spoon
- "Seinfeld" role
- Flair
- Ms. Ortiz of "Ugly Betty"
- More certain
- The Kennedys family member
- Deer, to a carnivore
- Compound in perfume
- Pet food brand
- Audition tapes
- Meathead's mother-in-law
- Running competition
- Panache
- Occupied
- Ms. Peebles
- Pres. Eisenhower
- Angelina Jolie title role
- Sandra Bullock movie, "The \_\_\_" (1995)

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today



25°/17°  
Partly cloudy

Friday



28°/18°  
Thundershowers  
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